

Claims

1. A method of stimulating a muscle, comprising applying a stimulating signal to a user in contact with a moveable instrument that includes an electrode configured to apply the signal, wherein the signal is applied while the user moves the instrument.

2. The method of claim 1; wherein applying the signal further includes applying the signal to a user in contact with a moveable instrument comprising a golf club.

3. The method of claim 1, wherein applying the signal further includes applying the signal to a user in contact with a moveable instrument comprising a tennis racquet.

4. The method of claim 1, wherein applying the signal further includes applying the signal to a user in contact with a moveable instrument comprising a baseball bat.

5. The method of claim 1, wherein applying the signal further includes applying the signal to a user in contact with a moveable instrument comprising a hockey stick.

6. The method of claim 1, wherein applying the signal further includes applying the signal to a user in contact with a moveable instrument comprising a writing instrument.

5 7. The method of claim 1, wherein applying the signal further includes applying a signal comprising a resonant sequence that includes at least three pulses, and wherein the pulses of the resonant sequence are spaced relative to one another such that each pulse subsequent to a first pulse in the sequence is effective to progressively stimulate and create tension in a musculature that includes the muscle inwardly from the electrodes and towards the center of the musculature while maintaining the tension created in at least a portion of the musculature by each preceding pulse in the resonant sequence.

8. An apparatus for stimulating a muscle, comprising:
- a moveable instrument;
- a stimulator in communication with the moveable instrument
- configured to produce a signal for transcutaneous delivery to the muscle,
- 5 wherein the signal is delivered as a user moves the moveable instrument.
9. The apparatus of claim 8, wherein the moveable instrument
- includes an electrode configured to deliver the signal from the stimulator.
10. The apparatus of claim 8, wherein the electrode comprises
- a grip of the instrument.
11. The apparatus of claim 8, wherein the instrument
- comprises a golf club.
12. The apparatus of claim 8, wherein the instrument is
- selected from a group consisting of: tennis racquet, a racquetball racquet, a
- hockey stick, a lacrosse stick and a writing instrument.
13. The apparatus of claim 8, wherein the instrument includes
- a grip comprising an electrode.

14. The apparatus of claim 8, wherein the application of the signal is affected by input from an input device selected from a group that consists of: a button, a switch, a motion sensor, a voice sensor and a dial.